

CONFIDENCE IN PROGRESS SCALE

A Measure of MEANINGFUL LIFE CHANGE (MLC)

Progress Already Made

1. At the initial team assessment and during subsequent team contacts, ask: “If one (1) represents the problem conditions as they were at the time of your family’s first phone call to the clinic, and ten (10) represents the most progress or change you’ve wanted your family to achieve in resolving those problems, what level would you say your family is at?”
2. For follow-up scoring during subsequent team contacts, ask: “What is your family’s current level of progress, change or improvement since your last visit in which you gave a rating of_____?”

Confidence to Resolve Needs

At the initial phone contact and subsequent team contacts, ask: “Indicate on a one-ten (1-10) scale the overall level of confidence, strength and empowerment that you as a family have reached in working on and resolving problems, challenges and needs, with one (1) being the weakest position, and ten (10) being the strongest position.

The letter **C** represents the level of **Confidence** the parents have developed in resolving family needs since the initial contact with ABLE, and the letter **P** represents the level of **Progress** or change made in the family since the initial contact with ABLE.

Meaningful Life Change is a reflection of the family’s perception of growth, significance or importance in the family having resulted from problem correction and family fulfillment. The score is obtained by adding the achieved levels of **confidence** and **progress**, and then dividing by 2. This gives the mean score of the two positive features measured on the 1-10 scale.

Confidence/Progress Scale for Families

Strongest Levels

10							
9							
8							
7							
6							
5							
4							
3							
2							
1							

Weakest Levels

Date_____Date_____Date_____Date_____Date_____Date_____Date_____

Team Contacts

MLC _____